

Leisure Club Classes

September 2019

May be subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am – 10:30am	Hydro Spin					
10:00am – 11:00am	Parent and Toddler	Circuit Training		Circuit Training	ANASCAUL 9.45AM-11AM	Parent and Toddler
11:00am – 12:00pm	Parent and Toddler	Aqua Aerobics			ANASCAUL 10.45AM-11.45AM	Parent and Toddler
12:00pm – 1:00pm	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
1:00pm – 3:00pm	CONVENT 1.15-2.30PM	CONVENT 1.15-2.30PM	LISPOLE 12.45-2.45PM			
3:00pm – 4:00pm	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
4:00pm – 5:00pm		School swim		School swim		
5:00pm – 7:00pm	No Classes	No Classes	No Classes	No Classes	No Classes	No Classes
7:15pm – 8:00pm	Hydro Spin	Hydro Spin	Hydro Spin			

Call us now 066 9150222 or email joconnor@dinglekellig.com